

MEDITATIONS
OF A
HERMIT :

"A DIALOGUE WITH
THE INWARD FORCES
VOLUME TWO"

VOLUME 7 : INWARD FORCES
BOOK 3 :

A DIALOGUE WITH THE
INWARD FORCES II

5 SUBJECT
COLLEGE RULED

Theme Book

MEDITATIONS
NOTEBOOK 21

WRITINGS 1990

6 July thru 6 December

11 in. x 8½ in.
279 mm x 216 mm
No. 11201



Roaring Spring • Top Scholar—Roaring Spring, Pa. 16673

SN233997

SIV7B3

DIALOGUE

WITH

THE INWARD

FORCES

BOOK OF WUNDER

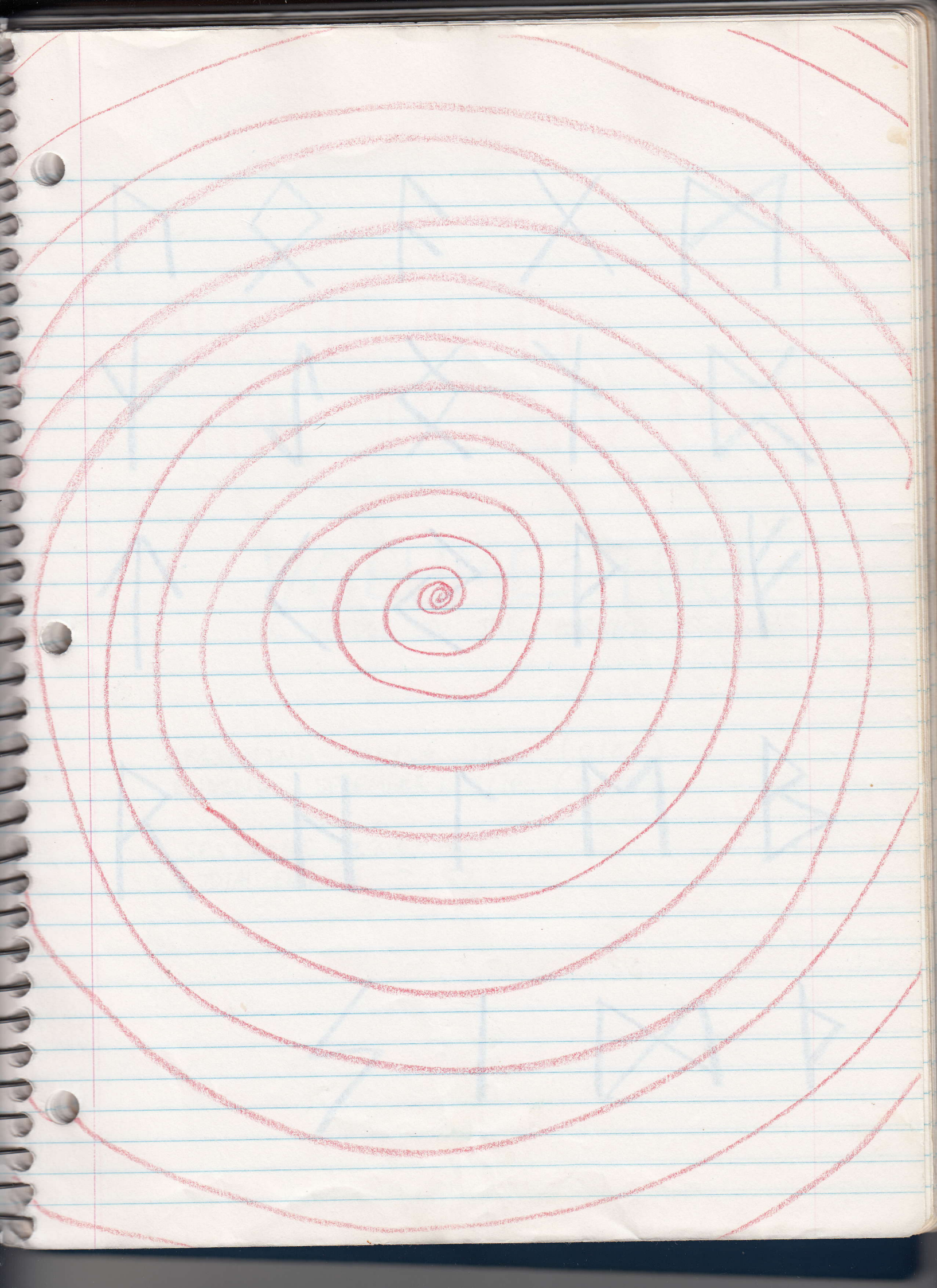
III 32 322-480

EXAM 121: KES TO 1742

"Let us see, is this real,
Let us see, is this real,
This life I am living?"

You gods who dwell everywhere,
is it real, is it real,
This life I am living?"

— an ancient Shawnee medicine song —



N X R X M
Y J X Y K

U < > P K

BEGINNING JULY 6 1990 (2187)
ENDING DECEMBER 1990 (2144)
SESSIONS 323-480
TOTAL ENTRIES → 157

R N U M B

S I X A

"I" awoke this morning confused, sad, and feeling "lost".
I recoiled and became "withdrawn".

At work, Anthony Simone told me that Trenton {Frank Gidori} was not going to fill the position at Monmouth Battlefield. I will be working at Battlefield 2 days each week until September.

Will Trenton fill the position in autumn? May be, but not probable. It will be a long while before it is filled.

When it is filled, I will most likely be the one to "step in" ... by then even Joe might get a call... then is when?
1991? 1992?

I must accept being at Cheesecake.
The El Camino has 170,000 miles on it.
When it dies, it dies. I will take vacation days to find a vehicle... cross that bridge when I come to it.

Now. About this "sad" feeling... Y says,
"IF YOU FIND YOURSELF FEELING PAIN, OBSERVE THE PAIN, STAY WITH IT. DON'T TRY TO PULL DOWN THE VEIL AND ESCAPE FROM LIFE BY DENYING WHAT IS HAPPENING. YOU WILL PROGRESS. KNOWING THAT IS YOUR PROTECTION."

getting by on a science fiction's imagination and a jolt of Rush's "Grace Under Pressure"
I worry about the Afro Americans in inner city economic oppression...and I feel the pain of living.

"I" awoke this morning confused, sad, and feeling "lost".
I recoiled and became "withdrawn".

At work, Anthony Simone told me that Trenton
{ Frank Gidori } was not going to fill the position at
Monmouth Battlefield. I will be working
at Battlefield 2 days each week until September.

Will Trenton fill the position in autumn?
May be, but not probable. It will be
a long while before it is filled.

When it is filled, I will most likely be the
one to "step in" ... by then even Joe
might get a call... then is when?
1991? 1992?

I must accept being at Cheesecake.
The El Camino has 170,000 miles on it.
When it dies, it dies. I will take vacation
days to find a vehicle... cross that bridge
when I come to it.

Now. About this "sad" feeling... Y says,
"IF YOU FIND YOURSELF FEELING PAIN, OBSERVE THE
PAIN, STAY WITH IT. DON'T TRY TO PULL DOWN THE
VEIL AND ESCAPE FROM LIFE BY DENYING WHAT IS
HAPPENING. YOU WILL PROGRESS. KNOWING THAT IS
YOUR PROTECTION."

getting by on a science fiction imagination and
a jolt of Rush's "Grace Under Pressure"
I worry about the Afro Americans in inner city
economic oppression... and I feel the pain of living.

0263:2350:385

8401 1647

385 0001:4350

This evening I stayed home to read more of The Way of Non-Attachment which proved to be illuminating!

I am grateful to Rishi for pointing out the quest, and now I am aware that I want to be a radical revolutionary, as was the Buddha, as was Jesus Christ. I realize why I have been freeing myself from authority — because I am seeking reality, I want to see things as they are.

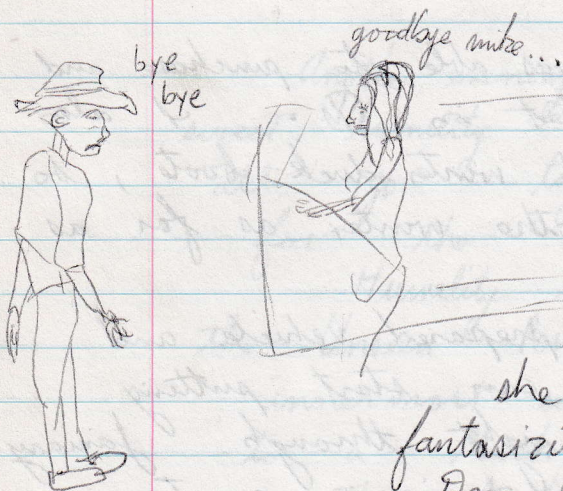
I must not fear authority, not even my boss. I must be prepared even to be a penniless vagrant.

I am content with my life. I have chosen to live the life of a monk... although I live in the world, I must remain alert and aware every moment.

I am a religious mind and I seek the true spirit of religion which must be more "spiritual" than dogmatic.

I will begin anew... meditating upon this opportunity to "go into" THE JOURNEY ITSELF IS THE WAY. I seek the INWARD TREASURE.

0269; 2245; 391 5281 1651 OPE 1653 : P050



Allison is busy. She smiles, but she seems somewhat annoyed that I am just standing there. I am sensitive. I have been fantasizing again that I am her prince and she is my Queen... I have been fantasizing that I am some kind of Dream Master of Reality who is a simple kind of hobbit-like I, almost mythical character - and that Allison is my maiden... I fantasize that she and I live in a State house and raise a family...

I go by 7-11 to see her. I see her once (freezer). I see her twice (outside in front, talk to her for first time in long time; ask her^{out} for dinner - for her phone number... negative).

I see her a third time - I am with Jim Noe.

I see her a fourth time, this evening, she is busy counting money. She seems annoyed at my presence. Am I that much of a nuisance? I thought she would be enchanted and in awe of the magic of the dream spirits, seeing that I remained loyal to my childhood reality... but instead my sensitive heart experienced pain as she has not given me any receptive signals.

1654
So, being sober in the truest sense of the word,
I see things clearly as they really are.
I am a sensitive, shy soul who is
a hard worker - but lacks ambition. I
do not date women for reasons unknown to
me other than an acute case of shyness
and lack of confidence (skinniness).

I do feel pain; and here we arrive at
a very significant question. The answer is
clear, but it stings:

IS IT BETTER TO BE BLISSFUL IN FANTASY
AND ILLUSION, BEING OBSESSED WITH "THINGS AS I
WANT THEM TO BE"? — ? OR ? — ? IS IT BETTER
TO SEE THINGS AS THEY ARE, EVEN THOUGH IT
MAY BE PAINFUL ... DEATH OF EGO ?

Ofcourse we must help the ego to die so
that we may experience the Great Reality.

What is wrong with me?
What is intrinsically defective in my being
that causes me sorrow?

Why am I alone in the sense that I
am "without a woman"?

I want to resist being obsessed with Allison.
I am too sensitive to endure the
pain of disappointment. I should keep
my expectations in check and
practice acceptance.

What do I tell Dad, Grandfather, Tami, etc.,
when asked about "girlfriends"? IT'S JUST NOT COMING TOGETHER.

0276: 2359: 394

1656

got a little black book with my poems in it
got a bag with a toothbrush and a comb in it
when i'm a good dog they sometimes throw me a bone
i got elastic bands keepin my shoes on
i got those swollen hard blues
i got 13 channels of shit on the tv to choose from
to
i got electric light
and i got second sight
got amazing powers of observation...

... and that is how i know
when i try to get through
on the telephone to you
they'll be nobody home

Roger Waters

... was another day in this life we live ...
i did more work on "oil burners" at
Cheesecake with Billy ... during the day i heard
an interview with Roger Waters about
the live concert of "The Wall" in Berlin,
West Germany. Strange how it was not
televised in these United States of America.
I purchased the cassettes at mall for
\$17.00 ... well worth it.
I first purchased "The Wall" in 1979,
was 12 years old in 7th
grade at Eisenhower ... yes, i did
smoke marijuana and drift into
the isolation realm ... and this
live reenactment of The Wall is awe inspiring.

0277:0010

1657

yes, still session # 394; just past midnight. The AA meeting was worth going to as I heard of Terry share her pain (she has lymph disease)...

The thing about The Wall is that it was the first musical experience since early Queen that "focused in on my journey, my experience of modern life - the only life I have experience of".

(The Buddha says that the symptom of existence is suffering, but I believe modern life is spiritually defective ...)

The Wall touched me eleven years ago and I "lived it" through high school.

Now the Wall is performed in Berlin, Germany to celebrate the end of a divided Germany. Germany united. There are no coincidence in this spiritual journey. GERMANY... THE WALL... DEEP FEELINGS OF BLEEDING HEARTS...

SHINEAD O'CONNOR... VAN MORRISON... does it fit together?

I know that listening to this live The Wall Berlin 1990 has revitalized "that space cadet glow".

The spirituality is in "the nicotine stains on my fingers", the worn boots, the dungarees, thermal underwear, old Volkswagen, the life line den in Mother's basement... yes, I am a hobbit like critter.

1979 VW Rabbit Denial for \$600

0277:2320:395

1658

here i sit upon my bed in mom's basement, with
roger waters production of "The Wall" live in Berlin...
grease stains in the prints of my palms and
fingers... tracks and traces of my path...

Tom Brown Jr. inspires me to take an
honest look not only at modern society and
my own "alienation" from Creation - but also
to reach out to Earth Mother...

it is not so much guilt i feel, just
a sort of "comfortable death".

Serenity was maintained even though the Volkswagon
stalled for good on the way through
Matawan.

little disturbances... Bill(y) Ranaud picked me
up and on the way to Central Supply, he
helped me "bypass the fuel shut off"...

I drove it home.

at 430PM Anthony Simone drove me home.
From 6PM to 10PM I was at 002
and Claude's shop. The VW fixed itself again,
no questions asked.

Between the parts man at 002 and my
owners manual, I located ~~for~~ C15
the wire to the fuse box...

Bill Allert gave me lunch - I had
dropped the tobacco off in the morning.

This is a spiritual journey. I am grateful for
being a worker in the State Park Service.
May the Dream Spirits deepen my awareness... connect me
to Earth Mother...

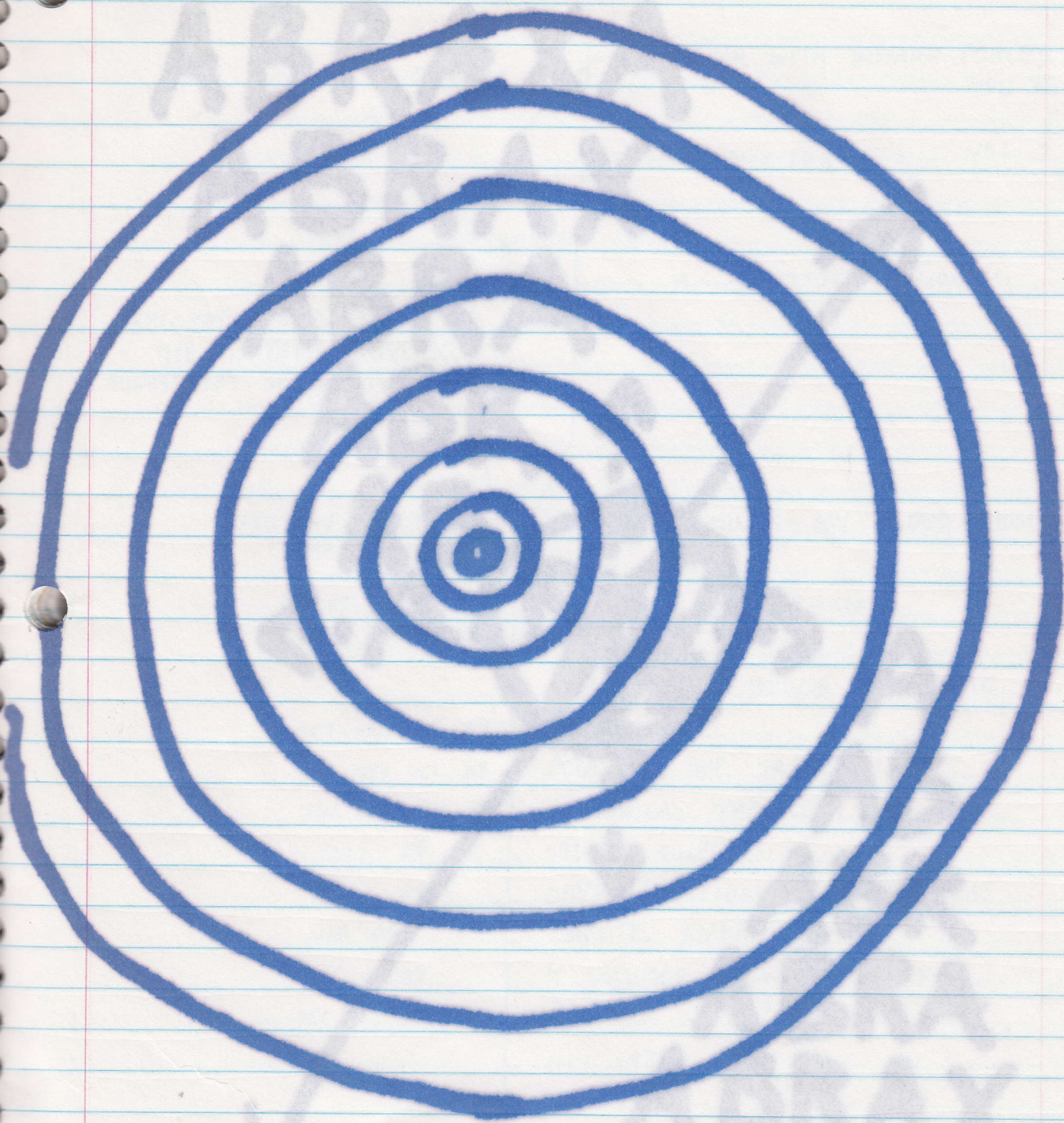
THE ABRAXIAN BIBLIOTHECA

- 1672
- ~~TOM BROWN'S FIELD GUIDE TO WILDERNESS SURVIVAL~~
 - ~~" " " " " NATURE OBSERVATION AND TRACKING~~
 - ~~" " " " " CITY AND SUBURBAN SURVIVAL~~
 - ~~" " " " " LIVING WITH THE EARTH~~
 - ~~" " " " " THE FORGOTTEN WILDERNESS~~
 - ~~THE VISION - TOM BROWN~~
 - ~~BASIC CALL TO CONSCIOUSNESS - MOHAWK NATION~~
 - ~~BLACK ELK SPEAKS - JOHN C. NEIHARDT~~
 - ~~WALDEN AND CIVIL DISOBEDIENCE - HENRY DAVID THOREAU~~
 - ~~HOW TO STAY ALIVE IN THE WOODS - ANGEIR~~
 - ~~CAMPING AND WOODCRAFT - KEPHART~~
 - ~~THE OLD WAYS - GARY SNYDER~~
 - ~~TURTLE ISLAND - GARY SNYDER~~
 - ~~TOUCH THE EARTH - T.C. McLUHAN~~
 - ~~AWAKENING: A DREAM JOURNAL - STEWART, TABORI, AND CHANG~~
 - ~~ZEN AND THE ART OF MOTORCYCLE- MAINTENANCE - PIRSIG~~
 - ~~DREAMTIME AND INNER SPACE - HOLGER KALWEIT~~
 - ~~SETH SPEAKS~~
 - ~~SETH: DREAMS AND PROJECTION OF CONSCIOUSNESS - JANE ROBERTS~~
 - ~~DRAWING DOWN THE MOON - MARGOT ABLER~~
 - ~~EARTH MAGIC - MARION WEINSTIEN~~
 - ~~IN THE SHADOW OF THE SHAMAN - AMBER WOLFE~~
 - ~~VOICES FROM THE CIRCLE - edited by Jones, Mathews~~
 - ~~THE GENTLE ARTS OF AQUARIAN MAGIC - MARIAN GREEN~~
 - ~~THE FORCE - STUART WILDE~~
 - ~~THE HIDDEN DANGERS OF THE RAINBOW - CUMBEY (Boo)~~
 - ~~THE RITES OF ODIN - ED FITCH~~
 - ~~RUNELORE - THORSSON~~
 - ~~LEAVES OF YGGDRASIL - FREYA ASVYN~~
 - ~~DREAMSCAPE - BRUCE A. VANCE~~
 - ~~THE SECRET TEACHINGS OF ALL AGES - MANLY P. HALL~~
 - ~~COMET - CARL SAGAN, ANN DRUYAN~~
 - ~~THE ILLUMINATI PAPERS - BRIAN ANTON WILSON~~
 - ~~COSMIC TRIGGER - BRIAN ANTON WILSON~~
 - ~~LANDSCAPES OF THE NIGHT - CHRISTOPHER EVANS~~
 - ~~THE THREE PILLARS OF ZEN - Rōshi PHILIP KAPLEAU~~
 - ~~THE WAY OF NON ATTACHMENT - DIRIVAMSA~~
 - ~~LIVING WITHIN -~~
 - ~~THE PORTABLE JUNG - edited by Joseph Campbell~~
 - ~~THE DANCING WU LI MASTERS - GARY ZUVAC~~
 - ~~PHILOSOPHICAL ARTWORK - RICHARD SCHAIN~~
 - ~~THE ART OF SEEING - ALDOUS HUXLEY~~
 - ~~THE LORDS AND THE NEW CREATURES - JIM MORRISON~~
 - ~~QUIJA - STOKER HUNT~~
 - ~~THE SECOND RING OF POWER - CARLOS CASTANEDA~~
 - ~~THE FOOLS PROGRESS: AN HONEST NOVEL - EDWARD ABBEY~~
 - ~~ONE DAY IN THE LIFE OF IVAN DENISOVICH - ALEXANDR I. SOLZHENITSYN~~
 - ~~THE GULAG ARCHIPELAGO - SOLZHENITSYN~~
 - ~~THE GULAG ARCHIPELAGO TWO - SOLZHENITSYN~~
 - ~~THE FIRST CIRCLE - SOLZHENITSYN~~
 - ~~DEMIAN - HESSE~~
 - ~~SIDDHARTHA - HESSE~~
 - ~~STEPPENWOLF - HESSE~~
 - ~~NARCISSUS AND GOLDMUND - HESSE~~
 - ~~BRAVE NEW WORLD - ALDOUS HUXLEY~~
 - ~~BRAVE NEW WORLD REVISITED - ALDOUS HUXLEY~~
 - ~~HARD TIMES - CHARLES DICKENS~~
 - ~~NATURE'S END - WHITELY STRIEBER, JAMES KENETKA~~
 - ~~SOUL CATCHER - FRANK HERBERT~~
 - ~~FISHING - A GOLDEN GUIDE - FIGHTER/FRANCIS~~
 - ~~MEDITATION ON THE REVELUTION OF EMPIRES - VOLNEY~~
 - ~~IRRATIONAL MAN - WILLIAM BARRETT~~
 - ~~DAS ENERGI - PAUL WILLIAMS~~
 - ~~THE STORY OF PHILOSOPHY - WILL DURANT~~
 - ~~ESCAPE FROM FREEDOM - ERICH FROMM~~

- HERSHEM BIBLE
- ~~X~~ MORE MESSAGES FROM MICHAEL - CHELSA QUINN YARBRO
 - ~~X~~ FUTURE SHOCK - ALVIN TOFFLER
 - ~~X~~ EASTERN FORESTS - PATERSON FIELD GUIDE - KRICHER/MORRISON
 - ~~X~~ THE UNDISCOVERED SELF - JUNG
 - ~~X~~ 10,000 DREAMS INTERPRETED - MILLER
 - ~~X~~ BUFFALO GALS AND OTHER ANIMAL PRESENCES - URSULA K. LEQUINN
 - ~~X~~ NEW AMERICAN BIBLE - ST. JOSEPH EDITION
 - ~~X~~ THE SAYINGS OF CONFUCIOUS
 - ~~X~~ THE BOOK - ALAN WATTS
 - ~~X~~ THE MAKING OF A COUNTER CULTURE - THEODORE ROSAK
 - ~~X~~ KANT - edited by Robert Paul Wolff
 - ~~X~~ BEYOND FREEDOM AND DIGNITY - B.F. SKINNER
 - ~~X~~ IN SEARCH OF ANCIENT GODS - ERICH VON DANIKEN
 - ~~X~~ THE STRANGER - ALBERT CAMUS
 - ~~X~~ THE PLAGUE - ALBERT CAMUS
 - ~~X~~ THE EXORCIST - WILLIAM PETER BLATTY
 - ~~X~~ THE SHEEP LOOK UP - JOHN BRUNNER
 - ~~X~~ CHILDREN OF THE THUNDER - JOHN BRUNNER
 - ~~X~~ PRENTICE ALVIN - ORSON SCOTT CARD
 - ~~X~~ THE INHERITORS - WILLIAM GOLDING
 - ~~X~~ ANIMAL FARM - GEORGE ORWELL
 - ~~X~~ 1984 - ORWELL
 - ~~X~~ COMING UP FOR AIR - ORWELL
 - ~~X~~ BREAKFAST OF CHAMPIONS - KURT VONNEGUT
 - ~~X~~ SAIL BIRD - VONNEGUT
 - ~~X~~ GALAPAGOS - VONNEGUT
 - ~~X~~ PET SEMETARY - STEPHEN KING
 - ~~X~~ THE DOMINATION OF NATURE - WILLIAM LISS
 - ~~X~~ THE TAO OF MEDITATION - JOU TSANG HWA.
 - ~~X~~ THE CARVER EFFECT - WOLFGANG VON BOBER
 - ~~X~~ THE HUGO WINNERS - ISAAC ASIMOV
 - ~~X~~ WEBSTERS NEW WORLD DICTIONARY
 - ~~X~~ WEBSTERS SEVENTH NEW COLLEGIATE DICTIONARY
 - ~~X~~ THE RANDOM HOUSE DICTIONARY
 - ~~X~~ FAMILY HEALTH GUIDE MEDICAL ENCYCLOPEDIA
 - ~~X~~ ALCOHOLICS ANONYMOUS
 - ~~X~~ TWELVE STEPS AND TWELVE TRADITIONS
 - ~~X~~ PASS IT ON
 - ~~X~~ CAME TO BELIEVE
 - ~~X~~ LIVING SOBER
 - ~~X~~ NARCOTICS ANONYMOUS



ABRAXAS



ABRAXAS

ABRAXAS

ABRAXA

ABRAX

ABRA

ABR

AB

A

A

AB

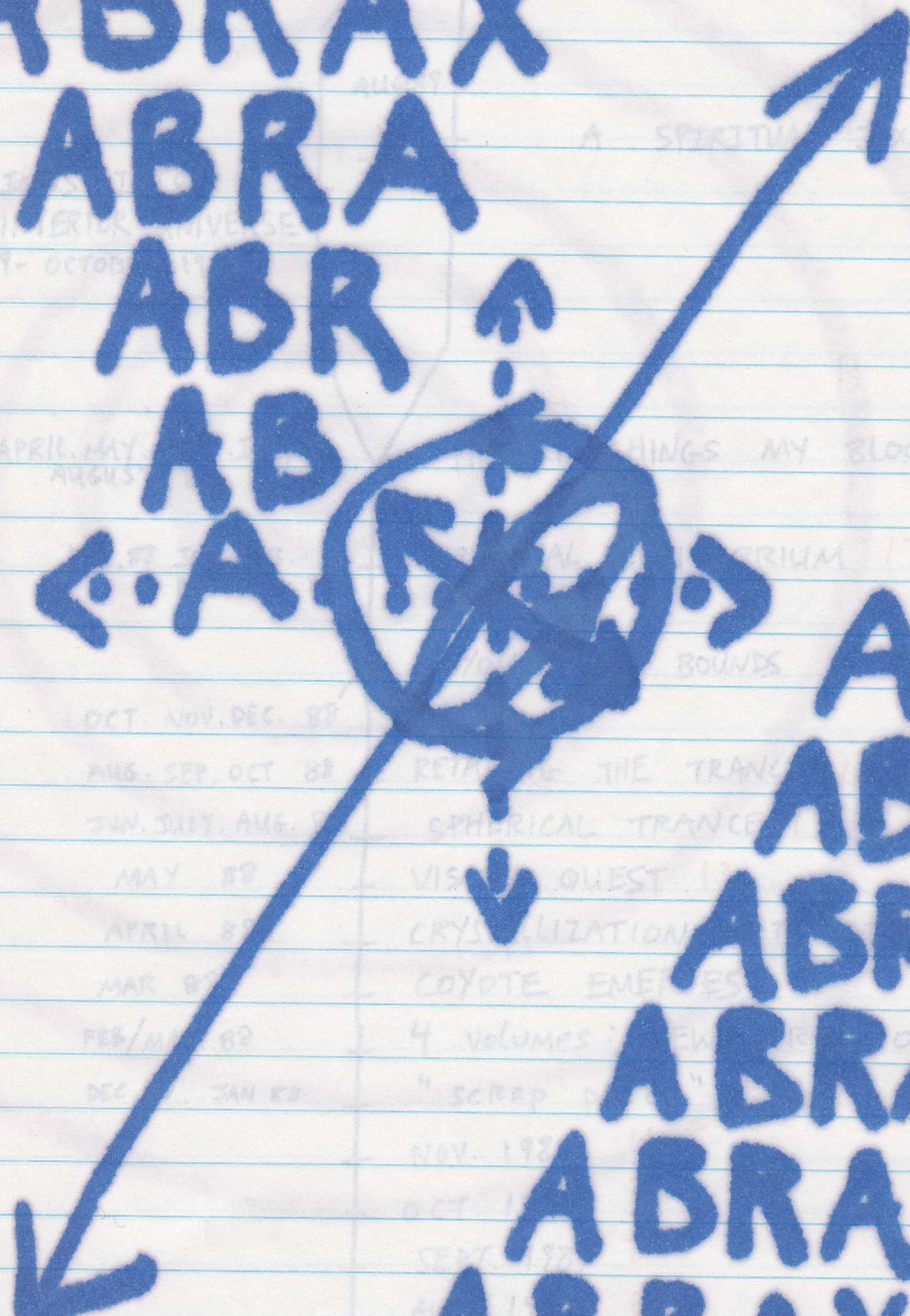
ABR

ABRA

ABRAX

ABRAXA

ABRAXAS



0287:0000:409

ABRAXAS SESSIONS

JULY 90 -

DIALOGUE WITH INWARD FORCES ²¹
VOL II

JAN. 90 - JULY 90

VOL I ²⁰

AUG 89

JAN 90

EXPLORATIONS INTO
THE INTERIOR UNIVERSE
AUGUST 1989 - OCTOBER 1990

A SPIRITUAL JOURNEY ¹⁹

APRIL. MAY. JUNE. JULY
AUGUST 89

¹⁸ THE TEACHINGS MY BLOOD WHISPERS TO ME

DEC. 88 JAN. FEB.
MAR. APR. 89

SPIRITUAL EQUILIBRIUM ¹⁷

OCT. NOV. DEC. 88

BEYOND THE BOUNDS OF TIME ¹⁶

AUG. SEP. OCT 88

RETAINING THE TRANCE ¹⁵

JUN. JULY. AUG. 88

SPHERICAL TRANCE ¹⁴

MAY 88

VISION QUEST ¹³

APRIL 88

CRYSTALLIZATION METAMORPHOSIS ¹²

MAR 88

COYOTE EMERGES ¹¹

FEB/MAR: 88

4 volumes: NEW DIRECTION ^{7, 8, 9, 10}

DEC 87. JAN 88

"scrap paper" ⁶

NOV. 1987 ^{4, 5}

OCT. 1987 ³

SEPT. 1987 ²

AUG. 1987 ¹

Unfortunately, all books are lost prior
to Aug. 1987. There were many.
From "The Books of Wonder" to "Creature
Out of Body" to "The Blue Book"...



midnight: I would not have foreseen it, but here I am lapsing into heavy metal again... is it that I glorify "insanity"? Is it the Alice Cooper/Metallica mood that actually soothes me? Does it grant me deep humility?

When I listen to "the bleeding artists" sing about their insanity, their sadness, their rage, I look around me in my humble abode and feel serenity. I do not have to live up to the standards... I can give in and simply be one of the many suffering human beings who are just getting by.

Is it the honesty I crave? I get disgusted by "demands from the ego". Actually, heavy metal is a good aid to ego reduction for it allows one to give in and surrender to the symptoms of existence - which is "SUFFERING".

"How many like him are there still who seem, to us, to have lost the will? They number thousands..."

Now. I am not talking about the bubble gum metal with the make up and songs about being "bad", "hot", etc...

I am very particular about the mood and quality of the song. Songs like Metallica's "Fade To Black" or Judas Priest's "Beyond The Realm of Death"... these songs release a certain spiritual strength just by the quality of "surrendering, giving in, admitting powerlessness"... They are not bragging! They are admitting defeat! Complete Deflation

0290: 1800: 415

1688

Each day is different. Today a harmless debate about the "anti smoking movement" turned into an argument about the United States of America in the Gulf. I came off extremely anti american, and my foreman says to me (laughly)

"You have a problem with this country. If you don't like it, ~~the~~ get the fuck out you unamerican fuck." So I told him that that line is bullshit. The country is the land and the people, not the government. The government is not this country. The land is this country.

Being the only smoker, I made my exit to sit in a prayerful state of mind with my cigarette. I began to feel very alienated because of my own big mouth. I have even ~~been~~ felt guilty about being a member of the USA, but my secret beliefs came out in public. I guess I have never been patriotic. He was just so gung ho about America being the most powerful country on the planet, and I know our ancestors stole and killed far more people to acquire this land than Saddam Hussein...

Sometimes I do not use self restraint. I did not get drunk, but I went backwards in recovery by taking my aggression out by getting off on some heavy metal music.

0290: 2300: 416

1689

Just read last entry, and hey... use metal instead of drinking... it works... metal may relieve some agitation, whereas as to drink alcoholically (first drink triggers insanity), would be a trip to hell.

Out of the blue, I saw Tom Brown Jr on TV on a special (channel 8) called "The Earth Speaks".

I watched it all, mesmerized at the possibility of sensory awareness! To be alive! To slow down and TOUCH THE EARTH in RAPTURE!

I ran to 8PM AT meeting at Clubhouse (WE). I opened up introductions dumping the incident with foreman...
... I build The Wall, shutting out the world, putting on that bullet proof mask... somehow the people in the AA meetings are different... I am not judged...

Afterwards I received affirmation and support from big Charlie... and then a wonderful hour of clarity listening and to Brad. Also I got alot of aggression out...

Get this: Brad agrees that THE UNITED STATES GOVERNMENT is a dangerous world power, even to IT'S citizens. Brad tells me that "when you wake up and see what is really going on, they want to shoot drugs in you, tell you that you have a psychological problem. It is very serie, the clarity! What a lesson! Tomorrow I will try my best to "Keep my mindcrime hidden". I am listening to Queensrÿche OPERATION: MINDCRIME

"suffering and its cessation: according to reality, we shall see that all living beings are only concerned with suffering, and how to put an end to it." But nowadays people tend to overlook this essential fact. Suffering does not deny the existence of joy and laughter. The teaching of suffering is a reminder that while at any given moment one may be enjoying what we call happiness, there are incalculable numbers of sentient beings in misery. Birth is suffering, decay is suffering, death is suffering;

Cravings give rise to rebirth and is connected with lust and pleasure, finding gratification here, there, and everywhere. Craving, being rooted in ignorance of the true nature of existence, is the cause of suffering. Once you realize this truth, complete eradication of suffering is assured.

As long as the mind is defiled by passions and rooted in ignorance, so will beings be destined to sink into suffering, becoming reborn and dying in the cycle of existence."

Eight Fold Path

- | | |
|-------------------|------------------------|
| 1. Right View | 5. Right Livelihood |
| 2. Right Thinking | 6. Right Effort |
| 3. Right Speech | 7. Right Mindfulness |
| 4. Right Action | 8. Right Contemplation |

Sust for the record, according to Black
Elk in Black Elk Speaks, the moons are
12 in number →

The Moon of Frost	JAN
The Moon of the Dark Red Calf	FEB
The Moon of The Snowblind	MAR
The Moon of Grass Appearing	APRIL
T.M. When The Ponies Shed	MAY
T.M. of Making Fat	JUNE
T.M. When The Cherries Turn Ripe	JULY
T.M.-W.-T. C. Turn Black	AUG
T.M.-W.-T. Calves Grow Hair	SEP
T.M. of the Changing Season	OCT
T.M. of the Falling Leaves	NOV
T.M. of the Popping Trees	DEC.

45512W 477 1747
 107.257KCS78Y
 2100 HOURS

Now, here is a list of how I came up with a group of symbols:

alphabet - english		Hentrich version	from	Rune	actual
A	Δ	A		Δ	Δ
B		B	B	B	B
C	<	<		<	<
D		∩	∩	∩	∩
E	F	E		E	E
F		F	F F	F	F
G	K	G		G	G
H		H	H	H	H
I	I	I		I	I
J		J	J	J	J
K	X	K		K	K
L		L	L	L	L
M	M	M		M	M
N		N	N	N	N
O	◊◊	O		O	O
P		P	P	P	P
Q	4	Q		Q	Q
R		R	R	R	R
S	S	S		S	S
T		T	T	T	T
U	V	U		U	U
V		V	V	V	V
W	W	W		W	W
X		X	X	X	X
Y	Y	Y		Y	Y
Z		Z	Z	Z	Z

Δ I Δ R Y ◊ P Δ N H ◊ N F S T M Δ N

4
 4
 4